

5 A Day Recipes

Side Dishes

Lemony Broccoli Sprouts

Serves 4

Broccoli sprouts are sweet, clean, crisp, and delicious, especially when spritzed with a little lemon or lime juice.

- 2 containers fresh broccoli sprouts
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 teaspoons fresh squeezed lemon or lime juice

Spread sprouts on a cutting board. Sprinkle with salt, pepper and lemon juice. Lightly steam the sprouts for about 30 seconds in the microwave, just to warm through. Serve.

This is an official 5 A Day recipe, and provides four people with one serving of vegetables each.